



Spring 2022 Menu



Week 1 Weeks Beg; 14.3.22, 11.4.22, 9.5.22	Breakfast Snack	Lunch	Afternoon Snack
Monday	Choice of low salt and sugar breakfast cereals. Choice of toasted bread/ bagel/breakfast muffin. Selection of fresh fruits.	Potato & Leek Soup with Wholemeal bread. Fish Fingers & Beans. Homemade Strawberry Yogurt.	Rice Cakes with Chicken Slices & Cucumber & a Selection of Fresh Seasonal Fruit.
Tuesday	Choice of low salt and sugar breakfast cereals. Choice of toasted bread/ bagel/breakfast muffin. Selection of fresh fruits.	Spring Onion, Chicken & Sweetcorn Soup. Selection of Sandwiches with a Mixed Side Salad. Natural Yogurt & Mixed Berries.	Oatcakes, Spreading Cheese & Cherry Tomatoes & a Selection of Fresh Seasonal Fruit.
Wednesday	Choice of low salt and sugar breakfast cereals. Choice of toasted bread/ bagel/breakfast muffin. Selection of fresh fruits.	Carrot, Ginger, and Turmeric Soup. Chicken with Tomato & Tarragon Sauce & Brown Rice. Natural Yogurt & a Selection of Fresh Fruit.	Cracker bread/Cream crackers, Ham Slices & Grated carrot & a Selection of Fresh Seasonal Fruit.
Thursday	Choice of low salt and sugar breakfast cereals. Choice of toasted bread/ bagel/breakfast muffin. Selection of fresh fruits.	Creamy Tomato Chipotle Soup. Vegetable & Cheese Quesadillas. Low Sugar Custard and Banana slices.	Melba Toast, Turkey slices & Soft cheese & a Selection of Fresh Seasonal Fruit.
Friday	Choice of low salt and sugar breakfast cereals. Choice of toasted bread/ bagel/breakfast muffin. Selection of fresh fruits.	Curried Parsnip & Spring Onion Soup. Sausage, Mash & Seasonal Vegetables. Toasted Oats, Dried Fruit, and Natural Yogurt.	Toasted Cheese & a Selection of Fresh Seasonal Fruit.

All soups and main meals are prepared fresh daily.

Water is available throughout the day. Fresh milk and water is provided at all snack and mealtimes.

Diluted (50:50) pure unsweetened fruit juice is offered twice a week at lunch.

Allergies/intolerances and other dietary requirements are catered for by adapting ingredients to offer equivalent alternatives.

Menus have been created by following the Nutritional guidance and food standards for early years childcare providers in Scotland - 'Setting the Table'



Spring 2022 Menu



Week 2 Weeks Beg; 21.3.22, 18.4.22, 16.5.22	Breakfast Snack	Lunch	Afternoon Snack
Monday	Choice of low salt and sugar breakfast cereals. Choice of toasted bread/ bagel/breakfast muffin. Selection of fresh fruits	Chicken & Leek Soup. Creamy Tomato Mushroom & Minced Beef Pasta. Natural Yogurt & Apple.	Oatcakes & Soft Cheese with Cherry Tomatoes & a Selection of Fresh Seasonal Fruit.
Tuesday	Choice of low salt and sugar breakfast cereals. Choice of toasted bread/ bagel/breakfast muffin. Selection of fresh fruits	Cauliflower & Cheese Soup served with Brown Bread. Steamed Salmon and Mixed Vegetables Risotto. Honey Yogurt & a selection of Fresh Fruit.	Toasted Crumpets & Butter & a Selection of Fresh Seasonal Fruit.
Wednesday	Choice of low salt and sugar breakfast cereals. Choice of toasted bread/ bagel/breakfast muffin. Selection of fresh fruits	Carrot and Lentil Soup and Brown Bread Rolls. Singapore Vegetable Noodles. Lemon & Blueberry Baked Oat Cake.	Rice Cakes with Ham Slices & Cucumber & a Selection of Fresh Seasonal Fruit.
Thursday	Choice of low salt and sugar breakfast cereals. Choice of toasted bread/ bagel/breakfast muffin. Selection of fresh fruits	Sundried Tomato Soup with Star Pasta Shapes. Creamy Chicken & Garlic with New Potatoes. Natural Yogurt with Melon Slices.	Cracker bread/Cream crackers, Spreading Cheese & & a Selection of Fresh Seasonal Fruit.
Friday	Choice of low salt and sugar breakfast cereals. Choice of toasted bread/ bagel/breakfast muffin. Selection of fresh fruits	Creamy Tomato & Basil Soup. Selection of Wraps with a Mixed Side Salad. Milk Jelly with Pears.	Melba Toast with Turkey Slices & Cucumber & a Selection of Fresh Seasonal Fruit.

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Spring 2022 Menu



Week 3 Weeks Beg; 28.3.22, 25.4.22, 23.5.22	Breakfast Snack	Lunch	Afternoon Snack
Monday	Choice of low salt and sugar breakfast cereals. Choice of toasted bread/ bagel/breakfast muffin. Selection of fresh fruits	Chicken, Celeriac & Sweetcorn Soup. Vegetable Biryani & Brown Rice. Honey Yogurt & Melon.	Rice Cakes with Chicken Slices & Cucumber & a Selection of Fresh Seasonal Fruit.
Tuesday	Choice of low salt and sugar breakfast cereals. Choice of toasted bread/ bagel/breakfast muffin. Selection of fresh fruits	Sundried Tomato Soup with Star Pasta Shapes. Tandoori Chicken with Crunchy Vegetable & Pitta Pockets. Jelly & Banana.	Oatcakes, Ham slices & Cherry Tomatoes & a Selection of Fresh Seasonal Fruit.
Wednesday	Choice of low salt and sugar breakfast cereals. Choice of toasted bread/ bagel/breakfast muffin. Selection of fresh fruits	Carrot & Coriander Soup. Beef Mince Chilli, Crispy New Potatoes, Sour Cream & Cheese. Natural Yogurt & A selection of Fresh Fruit.	Pitta Pockets with Soft Cheese & Cherry Tomatoes & a Selection of Fresh Seasonal Fruit.
Thursday	Choice of low salt and sugar breakfast cereals. Choice of toasted bread/ bagel/breakfast muffin. Selection of fresh fruits	Smokey Sweet Potato Soup. Tuna, Vegetable & Cheese Pasta Bake. Natural Yogurt & A selection of Fresh Fruit.	Fruit Toast & a Selection of Fresh Seasonal Fruit.
Friday	Choice of low salt and sugar breakfast cereals. Choice of toasted bread/ bagel/breakfast muffin. Selection of fresh fruits	Scotch Broth. Mexican Scrambled Eggs & Toast. Cracker Base Cheesecake with Mixed Berries.	Bread sticks with Dips, Turkey slices & Carrot & Cucumber Sticks. & a Selection of Fresh Seasonal Fruit.

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Spring 2022 Menu



Week 4 Weeks Beg; 4.4.22, 2.5.22, 30.5.22	Breakfast Snack	Lunch	Afternoon Snack
Monday	Choice of low salt and sugar breakfast cereals. Choice of toasted bread/ bagel/breakfast muffin. Selection of fresh fruits.	Roast Sweet Potato & Carrot Soup. Tomato & Onion Macaroni Cheese. Natural Yogurt & Mixed Berries.	Melba Toast, Turkey slices & Grated Carrot & a Selection of Fresh Seasonal Fruit.
Tuesday	Choice of low salt and sugar breakfast cereals. Choice of toasted bread/ bagel/breakfast muffin. Selection of fresh fruits.	Spring Onion & Chicken Soup. Homemade Hidden Vegetable and Tomato Sauce Hoops with Crusty Bread. Fresh Fruit Salad.	Bread sticks with dips, Ham slices & Carrot & Cucumber Sticks. & a Selection of Fresh Seasonal Fruit.
Wednesday	Choice of low salt and sugar breakfast cereals. Choice of toasted bread/ bagel/breakfast muffin. Selection of fresh fruits.	Creamy Tomato Chipotle Soup with a Wholemeal roll. White Fish & Vegetable Quesadillas. Low Sugar Rice Pudding and Bananas.	Bagels with Cream Cheese & Mixed Berries & a Selection of Fresh Seasonal Fruit.
Thursday	Choice of low salt and sugar breakfast cereals. Choice of toasted bread/ bagel/breakfast muffin. Selection of fresh fruits.	Potato & Leek Soup. Honey and Garlic Chicken with Brown Rice & Spring Greens. Milk Jelly and Apple slices.	Pitta Pockets with Chicken slices & Cherry Tomatoes. & a Selection of Fresh Seasonal Fruit.
Friday	Choice of low salt and sugar breakfast cereals. Choice of toasted bread/ bagel/breakfast muffin. Selection of fresh fruits.	Carrot, Ginger & Turmeric Soup. Creamy Chicken, Beef & Vegetable Casserole. Natural Yogurt & A selection of Fresh Fruit.	Pancakes & Butter & a Selection of Fresh Seasonal Fruit.

All soups and main meals are prepared fresh daily.

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